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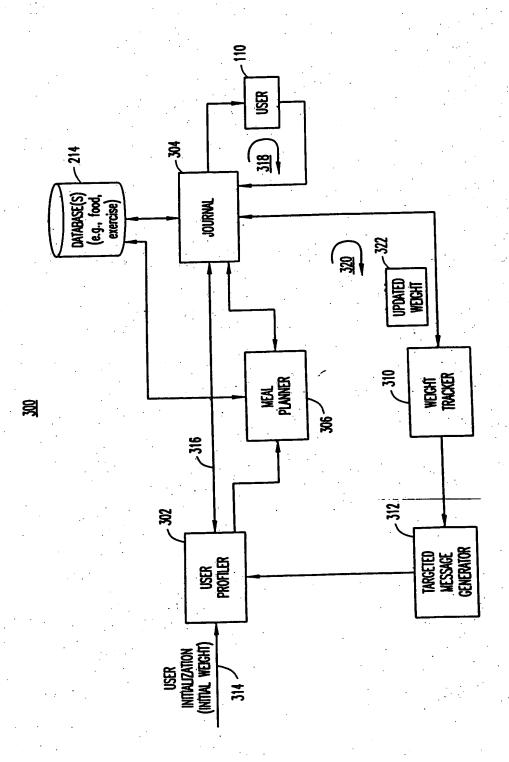
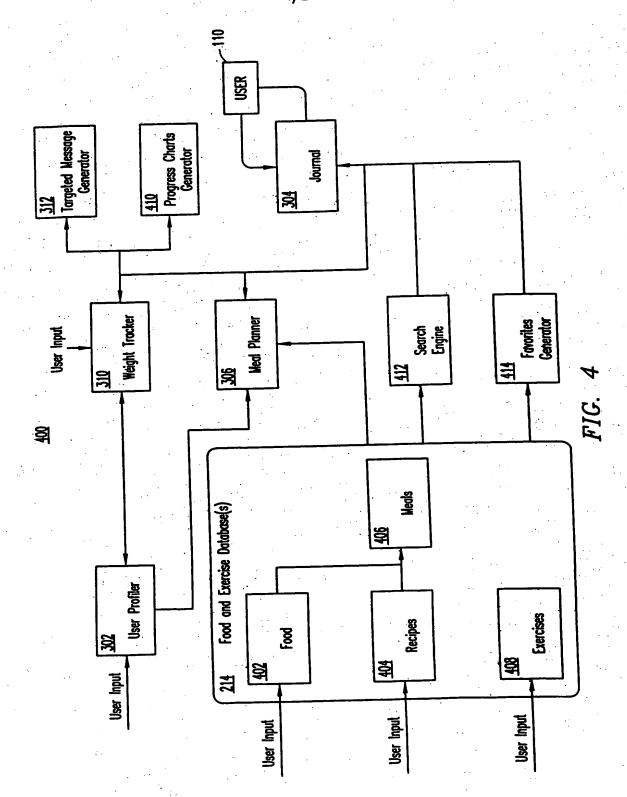
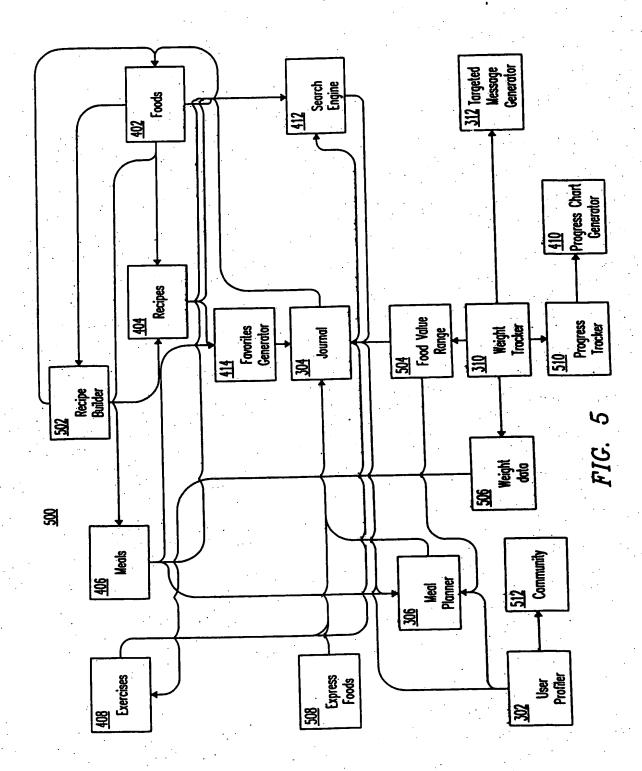


FIG. 3





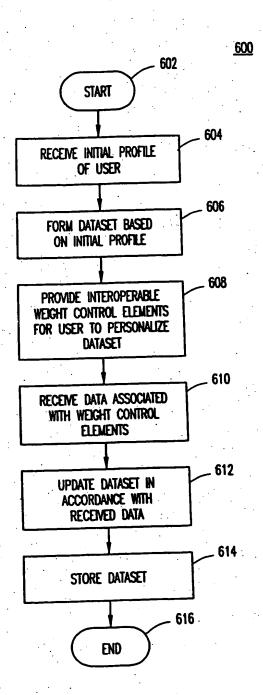


FIG. 6

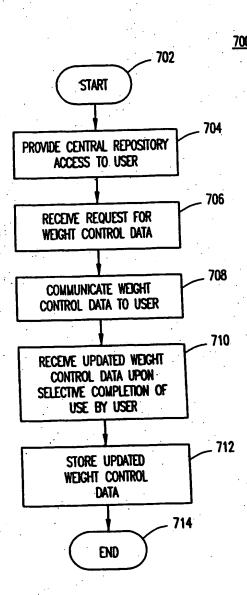
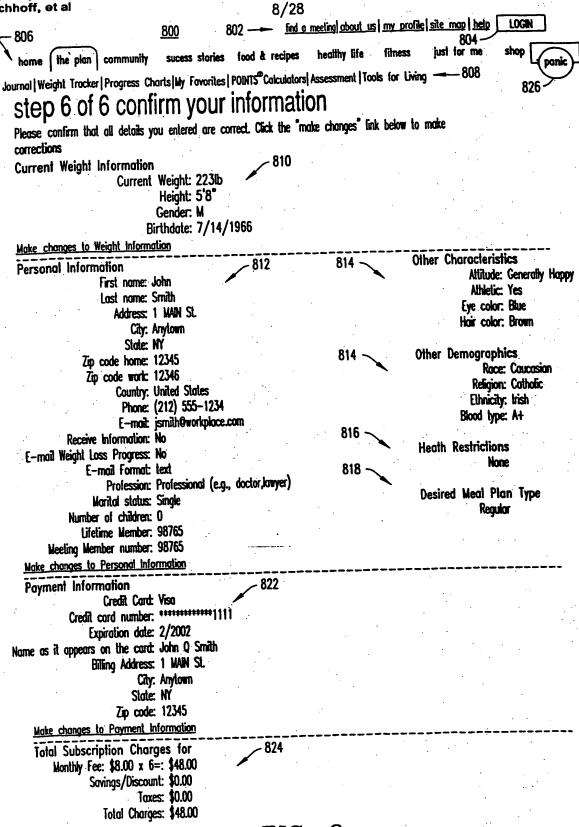


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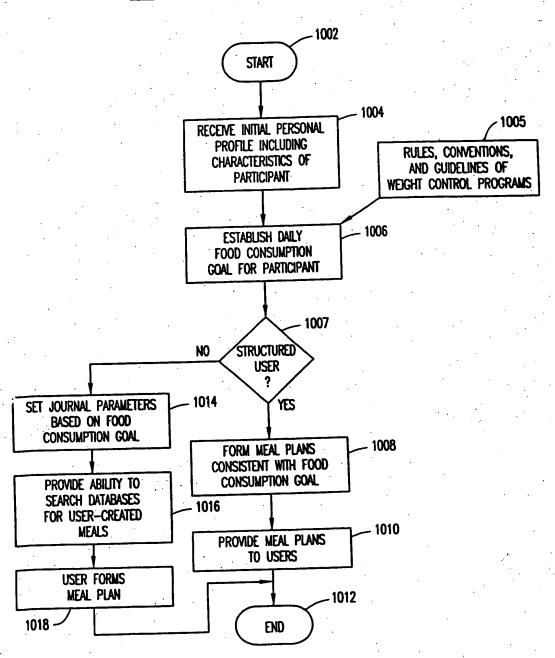


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FIG. 13

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al

14/28 find a meeting about us my profile site map help LOCOUT 1400 806e just for me sucess stories | food & recipes healthy life filness home my plan community Articles Recipes Meal Plans Recipe Renovation Recipe Search Recipe Builder my shortcuts LOGOUT meal plans my 7-day meal plan to weight loss tools. Welcome Kevin! in not Kevin edit profile Using a meal plan is simple way to lack-start your weight loss. Whether 1404 you follow the meal plan to the letter or simply use it for ideas and Pick my ovators! inspiration is up to you. For help using the meal plan, see our meal MY TOOLS JOURNAL plan user quide. WEIGHT TRACKER see Daily View view next week's plan WEAL PLANS POINTS CALCULATORS odd plan to my journal Jan 23 - Jan 29 RECIPE SEARCH 1402 **POINTS** RECIPE BUILDER **₩EDNESDAY** 23 MY RESOURCES MORNING: Cheese Over Intro to eTooks Tools for Living MIDDAY: Hot eTools Topic of the Week  $\square$ **Eating Out Guide** Ø eTooks Tip Exchange Ø • Fovorite Recipes POINTS POINTS ☑ FRIDAY **☑ THURSDAY** 24 Fovorite Boards 23 MY MEETINGS MORNANG: Almond Aprical Flata Ø  $\square$ 6 75202 sd Enter a zip code below  $\square$  $\square$ **(b)** EVENUM Orange  $\square$  $\square$ 7 Don't know zip code MY NEWSLETTER & MORE  $\square$  $\square$ Throughout the Day Choose your options POINTS **GET HELP** Frequently Asked Questions **☑** SUNDAY 24 **SATURDAY** 24 Contact Us Ø  $\square$  $\square$  $\square$ Turkey  $\square$  $\square$  $\square$ POINTS POINTS **☑ TUESDAY** MONDAY  $\square$  $\square$  $\square$  $\square$ EVENING: Quick Bits  $\square$  $\square$ 5 odd plan to my journal (B) (mil)

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FIG. 15A

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FIG. 15B

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FIG. 16A

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FIG. 16B

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community sucess stories food & recipes

healthy life

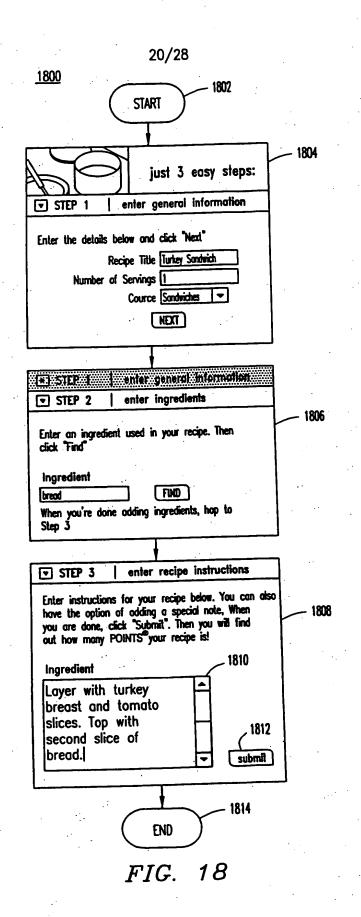
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FIG. 17

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al



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FIG. 19

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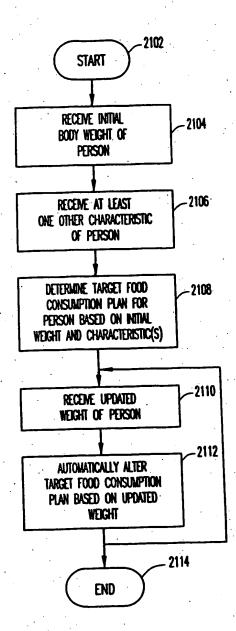


FIG. 21

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Frequently Asked Questions Contact Us

don't

we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frontic. Thats why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over an out message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- I want to lose weight, but I can't seem to get storted.
- My weight-loss is at a standstill
- I've fallen off the wagon.
- I'm thinking of quitting.
- I gained this week.
- 1 con't do this
- I just ate a whole chocolate cake.
- 1 con's stop overeating!
- Everybody I know is losing weight except me.
- ['m stressed!
- My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vaction. How will ! stay on track while away?
- My friends have asked me to go out to eat with them.

- . I have zero POINTS left for the dor
- Somebody just said something really huntful to me.
- None of my jeans fit me anymore!
- I'm too big to fit into a bus seat.
- I'm going to have to stand in front of a crowd. People willnotice me.
- I feel so lonely.
- I'm bared with trying to lose weight.
- I'm frustrated with trying to lose weight.
- . I hate exercising.
- . I've lost my motivation.
- I feel thinner and look thinner, but I'm not losing pounds.

Thousands of people just like you use our chal and message boards for inspiration and

encouragement. See how they tackded the problems you foce.

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